

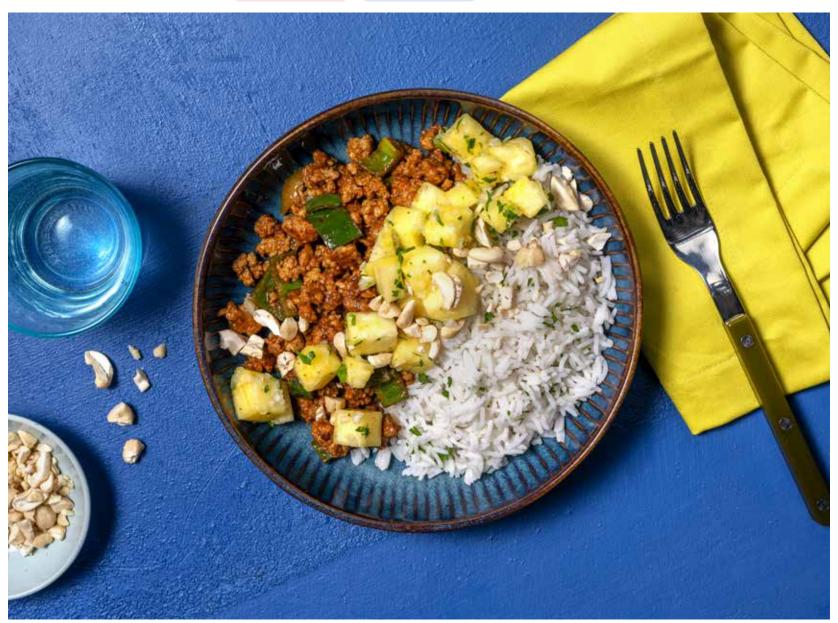
# Caribbean-Inspired Turkey Bowls

with Cashews and Pineapple Salsa

Spicy

Quick

25 Minutes







Jerk Spice Blend



Onion, chopped



Parboiled Rice





Pineapple







Cilantro





## Start here

Before starting, wash and dry all produce.

#### **Bust out**

Medium bowl, measuring spoons, medium pot, measuring cups, large non-stick pan

### **Inaredients**

	2 Person	4 Person
Ground Turkey	250 g	500 g
Jerk Spice Blend 🥒	1 tbsp	2 tbsp
Parboiled Rice	¾ cup	1 ½ cups
Onion, chopped	56 g	113 g
Pineapple	95 g	190 g
Poblano Pepper 🥒	160 g	320 g
Cilantro	7 g	7 g
Jerk Sauce 🤳	2 tbsp	4 tbsp
Cashews	28 g	56 g
Lime	1/2	1
Unsalted Butter*	1 tbsp	2 tbsp
Sugar*	⅓ tsp	1/4 tsp
Oil*		
Salt and Pepper*		

- \* Pantry items
- \*\* Cook to a minimum internal temperature of 74°C/165°F.

### Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.



#### Cook rice

- Stir together rice, ¼ tsp salt and 1 1/4 cups water (dbl both for 4 ppl) in a medium pot. Cover and bring to a boil over high heat.
- Once boiling, reduce heat to low. Cover and cook until rice is tender and liquid is absorbed, 15-18 min.
- Remove the pot from heat. Set aside, still covered.



#### Prep

- Meanwhile, finely chop 1/2 tbsp onions (dbl for 4 ppl).
- Cut **pineapple** into 1/4-inch pieces.
- Core, then cut poblano into ½-inch pieces, removing seeds for less heat.

(TIP: We suggest using gloves when prepping poblanos!)

- Finely chop cilantro.
- Juice half the lime (whole lime for 4 ppl).
- Roughly chop cashews.



#### Make pineapple salsa

- Heat a large non-stick pan over mediumhigh heat.
- While the pan heats, combine pineapples, finely chopped onions, lime juice, half the cilantro and 1/8 tsp sugar (dbl for 4 ppl) in a medium bowl. Toss to combine. Set aside.



#### Cook turkey and veggies

- When the pan is hot, add 1 tbsp oil (dbl for 4 ppl), then **turkey** and **remaining onions**. Cook, breaking up **turkey** into smaller pieces, until no pink remains, 4-5 min.\*\*
- Add poblanos, then season with salt and pepper. Cook, stirring occasionally, until poblanos soften slightly, 2-3 min.



#### Sauce turkey and veggies

• Add Jerk Spice Blend, jerk sauce and 3 tbsp water (1/3 cup for 4 ppl). Cook, stirring often, until poblanos are tender-crisp and **sauce** thickens slightly, 1-2 min.



#### Finish and serve

- Add remaining cilantro and 1 tbsp butter (dbl for 4 ppl) to the pot with rice, then fluff with a fork until melted.
- Divide rice between bowls. Top with turkey and pineapple salsa.
- Sprinkle cashews over top.

## **Dinner Solved!**

#### Contact

Call us | (855) 272-7002 HelloFresh.ca

